

Positive Alternatives 2015 - 16 Quarterly Update

Grantee: HEALTH RESOURCES LIFE CARECENTER

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Goal: Treasures for Life (TFL), Prenatal Care Program, Prenatal Vitamins & Ultrasound Services

For the period: April 1, 2015 through June 30, 2015

Activity or Service	Activity or Service Description Major Work Plan Activities	Work Plan Count	Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity.	Report Count
Administrative Activities	Recruit and train new volunteers; Support current volunteers		Two new volunteers have been trained as receptionist so they can cover for staff who are out of the office doing outreach. Current volunteers are being encouraged to identify specific areas of interest with the goal of having each volunteer have ownership of specific task areas.	
Administrative Activities	Nurse Manager oversees prenatal vitamin program; establish and strengthen relationships with community agencies, emphasizing prenatal vitamin program; maintain CPR certificate and offers infant CPR to clients		Each client with a positive pregnancy test is offered a 30 day supply of prenatal vitamins. We encourage our clients to call when they need a refill. The physicians that are involved with HRC continue to refer patients to HRC for services. Certification in CPR through the American Red Cross is current. For clients that have an interest, one on one classes in child and infant CPR are offered.	
Outreach	Purchase promotional material, advertising, educational material; expand TFL Program; establish and strengthen community relationships; promote and advertise ultrasound program and services; partner with other community programs to increase the number of ultrasounds		We continue to offer two classes per week at the Addiction Recovery program in Fergus Falls. One class is for pregnant clients and the other is on parenting. We have started offering again classes one day per week in Detroit Lakes at Lakes Crisis and Resource center to the women in their shelter. We have met with staff from the Detroit Lakes Teen Age Parent Program, Workforce Center and M-State Technical college to promote our program in Detroit Lakes.	

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Car Seat Program	Enroll clients in TFL program; provide car seat safety education	2/yr	All clients who are pregnant are encouraged to view the car seat safety lesson. This quarter only one client viewed this lesson. We continue to promote it as part of our "Getting Ready for Baby" unit. We send every client a card at 28 weeks to promote the unit.	1
Crib Distribution/ Sleep Safety Education	Enroll clients in TFL program; provide Sleep Safety Education when crib is distributed to client	1/ year	In this quarter, no clients chose to buy a pack-n-play with incentive points. Sleep safety information is attached to all pack-n-plays in our boutique. One client did view the informational video.	1
Interpreter Services	Provide translation for Treasures for Life clients	2	Our translator provided a total of 16 lessons to 3 Hispanic clients, teaching them about having a healthy pregnancy and taking care of their infants.	3
Life-Skills Education Program	Enroll clients in TFL program; assist clients in accessing needed services; provide life-skills education; meet individually with clients to complete assignments; assess client needs	15/yr	No PA clients attended any life skills classes this quarter. Each client is given a list of the lessons. Clients have the ability to freely choose lessons. Most of the clients this quarter chose lessons pertaining to pregnancy and parenting. See "Challenges."	0
Nutrition	Offer each pregnant/nursing clients a voucher for prenatal vitamins;	10	Women who are pregnant should get at least 400 mcg of folic acid per day to help prevent birth defects. Prescription strength prenatal vitamins are offered to all pregnant clients. Four scripts were filled for 4 clients. See "Challenges."	4
Parenting Education	Enroll clients in TFL program; Provide parenting education; meet individually to complete assignments; assess client needs; assist clients in accessing needed services; offer infant CPR to clients	54/yr	A total of 43 parenting lessons were provided to 16 clients. Examples of some of the lessons clients' chose were: Newborn Care, Your Baby can Sleep, Importance of Bonding, and Breastfeeding. Many mothers of babies received training in disciplining their toddlers, equipping them to have a more controlled and nurturing home.	16

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Pregnancy Education	Enroll clients in TFL program; Provide pregnancy education; meet individually to complete assignments; assess client needs; assist clients in accessing needed services	54/yr	18 TFL pregnancy lessons were given to a total of 8 clients. Examples of lessons are: Dangers of Smoking, Prenatal Care, Childbirth Preparation, Nutrition, What's Safe What Isn't and Prenatal Development. See "Challenges" below.	8
Pregnancy Education	Beginning November, 2014: Enroll clients in fertility care program; train clients in program practices and procedures; evaluate and diagnose and provide solutions to underlying reproductive problems	4/ year	3 clients were met with for follow-up sessions and education on fertility care. Appointments consisted of education on fertility. These sessions lasted roughly 1 hour and were tailored to the specific client's unique needs.	3
Transportation	Offer each actively enrolled TFL clients transportation to TFL classes (Bus/Taxi/Gas)	2	\$25 in gas cards were provided to 1 client to provide transportation to a total of 5 appointments for classes.	1
Ultrasound	Perform limited diagnostic scans on clients in the first trimester of pregnancy; educate clients on fetal development, nutrition & smoking/chemical abuse	45/yr	We performed 29 ultrasounds this quarter on 18 women in their first trimester. Prenatal development was explained to the women to help foster early bonding with their babies. How chemicals are passed from mother to babies is explained to help the women understand the importance of not smoking or drinking.	18

Maternal and Child Health Initiative Task Force Strategies	No.
<i>Number of women who received car seats and car seat safety education from a PA funded program activity</i>	0
<i>Number of women who received car seat safety education only from a PA funded program activity</i>	1
<i>Number of women who received child abuse prevention education from a PA funded program activity</i>	0
<i>Number of women who received abusive head trauma (shaken baby) prevention education from a PA funded program activity</i>	0

Maternal and Child Health Initiative Task Force Strategies	No.
<i>Number of women who received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded program activity</i>	0
<i>Number of women who received sleep safety education only from a PA funded program activity</i>	1

Challenges:

Nutrition — We continue to offer prenatal vitamins to every client. We have not had a client, who didn't accept our offer, who had not already started taking them.

Life-Skills Education Program -- Lessons and instruction in Life-Skills Education appears to not be as needed among our current clients as pregnancy and parenting lessons. Each client is given an assessment of what needs they might have coming into our educational program. During the first appointment with this client, the staff member will review this information with the client and make suggestions of lessons we have that would meet current needs. The client is then given the freedom to choose the lessons he/she is most interested in partaking. Clients will continue to be encouraged to participate in lessons regarding Life Skills.

Comments: